

# **Aditya Hridayam**

The Heart of Aditya (the Sun God)  
from Valmiki Ramayanam

-e2nibaran initiative-

## **introduction**

Sage Valmiki attained to be maharishi, after his transformation from a dacoit to sage undergoing the penance to cleanse the soul the atman to bring the epic Ramayanam in sanskrit

In Sanskrit literature Vālmīki Muni composed the entire Rāmāyaṇa with the blessings of Lord Brahmā in the same meter that issued forth from him as the śloka. Thus this śloka is revered as the "first śloka" in vedic literature. Vālmīki Muni is revered as the first poet, or Ādi Kavi, and the Rāmāyaṇa, the first Kāvya.

His first disciples to whom he taught the Rāmāyaṇa were Kuśa and Lava, the sons of Śrī Rāma

## **Ramayana Short Summary**

Dasharatha is the King of Ayodhya and has three wives and four sons, Rama, Lakshmana, Bharata and Shatrughana. Rama is the ideal and perfect son, and grows up with his brothers. When he comes of age, he marries Sita, the princess of a nearby kingdom. However, Bharata's mother is Kaikeyi, who resents Rama being the crown prince. She calls up a debt that Dasharatha owes her and asks for Rama to be exiled for fourteen years and her son Bharata be made crown prince instead.

The devastated Dasharatha has no choice and Rama prepares to leave for exile. Sita and Lakshmana will not leave his side however and follow him into the forest. While in the forest, Surpanaka, a female rakshasi (demoness) becomes enamored of Rama and is wounded by Lakshmana while trying to kill Sita. She flees to her brother Khara and asks him to avenge her. However, Khara and his army are defeated by Rama and Lakshmana, and only one member of their entire army survives. This lone soldier flees to the island kingdom of Lanka and begs Surpanaka's brother, the mighty king Ravana to avenge them.

Ravana has heard of Sita's beauty and he decides to abduct her. Using trickery and magic, he manages to lure Rama and Lakshmana away from Sita and kidnaps her, taking her away to Lanka.

Ravana kidnaps Sita and slays Jatayu.

Rama and Lakshmana travel far and wide searching for Sita but to no avail. Finally, they come upon a band of vanaras or monkey-men who pledge to help him. One of the might warriors of the vanaras, Hanuman, becomes Rama's staunch devotee. The vanaras seek out traces of Sita and find she has been taken to Lanka. Hanuman flies to Lanka

and confirms she is imprisoned there. He contacts Sita and informs her of Rama's whereabouts, promising that they will be back to rescue her. Before returning to the mainland, Hanuman sets fire to the whole city of Lanka.

Rama, Lakshmana and the vanar army build a causeway from the tip of India to Lanka. They travel to Lanka, where an epic battle follows between the armies. Ravana is finally killed by Rama, and Sita is freed. They return to Ayodhya, where Bharata returns the crown to Rama

# **Aditya Hridayam**

in daily life

The Heart of Surya (the Sun God)

roman sanskrit

slokas & translation

vedic astrology & medicine

commentary on astrological relevance

medicinal use

color treatment



Aditya is the Sun God ; Hridayam that  
which especially is nourishing and  
healing for the heart

Sage Agasthya Muni gave this powerful  
Mantra to Sri Rama when Rama was  
perplexed, while fighting with Ravana.  
After chanting this Hymn three times Sri  
Rama defeated Ravana

## **Saptarishi**

### **Sage Agastya**

Agastya is one of the saptarshis who are extolled at many places in the Vedas and a revered Vedic sage and earliest Siddhar. He is also believed to be the author of Agastya Samhita. The word is also written as Agasti and Agathiyar (Tamil) Agathiyar in Telugu Kannada Malayalam Sanskrit Malay Anggasta Thai Akkhot). A-ga in Sanskrit means a mountain, and Asti means thrower. Agastya the Muni, son of Urvashi was

born of both Gods, Mitra and Varuna. Agastya is also the Indian astronomical name of the star of Canopus, is said to be the 'cleanser of waters', since its rising coincides with the calming of the waters of the Indian Ocean. He was son of Pulasthya, son of Brahma.

Siddhar were spiritual adepts who possessed the ashta siddhis, or the eight supernatural powers.

Sage Agathiyar is considered the guru of all Siddhars, and the Siddha medicine system is believed to have been handed over to him by Lord Muruga, son of the

Hindu God Lord Shiva and Goddess Parvathi.

Siddhars are the followers of Lord Shiva. Agathiyar is the first Siddhar. His disciples and other siddhars contributed thousands of texts on Siddhar literature, including medicine and form the propounders of the system in this world. He is considered as the Father of Tamil literature and compiled the first Tamil grammar called Agathiyam. He is regarded to have lived in the 6th or 7th century B.C and specialized in language, alchemy, medicine and spirituality (yogam and gnanam).

There are 96 books in the name of Agathiyar. In Tamil language the term 'Agam' means inside and 'iyar' means belong. One who belong inside (soul) is the Tamil meaning for Agathiyar.

Agastya is mentioned most among all the existing Hindoo texts in the Ramayana. He is mentioned in the oldest and most original existing versions of the Ramayana (those by Sage Valmiki), as having his abode in the form of a hermitage in the Malaya Mountains, and at other places as well. His main hermitage is placed by the epic somewhere in the western half of the

Indian Ocean, further south of the so-called Malaya Mountains, amongst a series or chain of large islands and submerged mountains. His hermitage building there is supposedly eighty miles in both length and breadth, and again an astounding eighty miles in height as well, and adorned with inestimable amounts of gold, diamonds, and all other kinds of precious metals and stones. Another related claim is that his hermitage was located on the banks of river Godavari.

He made contributions to the field of Medicine and Astrology - especially Nadi

astrology. He is said in Tamil sidhars to have lived for over 5000 years, and that one of his medicinal preparations, Boopathi Kuligai, is so powerful that it can even bring the dead back to life. Two of his students and disciples were Therayar and Tholkappiar.

## Classics rendered

<sup>35</sup><sub>17</sub> The Lalita sahasranama, which describes the 1000 names of the Goddess Lalita (known commonly as Dākshāyani, Pārvatī or Durgā), was first revealed to the world when Hayagrīva, a manifestation of Viṣṇu, taught the same to Agastya.

<sup>35</sup><sub>17</sub> Agastya also composed Saraswati Stotram.

<sup>35</sup><sub>17</sub> Agastya also composed ekadasa mukha hanumath kavacham.



Agastya is progenitor of the  
**Āditya Hṛdayam**

The Aditya Hridayam, is a hymn in glorification of the Sun or Surya and was recited by the great sage Agastya to Lord Rama on the battlefield before fighting with Ravana.

This historic hymn starts at the beginning of the Battle with Ravana, when Lord Rama is fatigued and getting ready to fight. The mystical hymn is

directed to the Sun God, the illustrious lord of all victories.

Trying to do justice to verses from the epic Ramayana – the first of all epics in the world – written over 5000 years ago, is impossible by anybody today. And for that matter, Sage Valmiki himself says that the prayer part is older than the epic itself. That must be obviously true, for, Sanskrit language existed in its poetic, prosaic and pristine form much before the penning of Slokas (verses) by Sage Valmiki.

The Aditya-Hridyam Hymn is part of the Yuddha Kanda of Valmiki Ramayana (the chapter of war) and contains **31 slokas**

**OM**

Namah savitre jagadeka chakshushe  
jagatprasooti sthiti naasha hetave

Trayee mayaaya trigunaatma dhaarine  
virinchi naaraayana shankaraatmane

1. Tato yuddha parishraantam samare  
chintayaa sthitam

Raavanam chaagrato drishtvaa  
yuddhaaya samupasthitam

2. Daivataishcha samaagamyas drashtu  
mabhyaagato ranam

Upaagamyaabraveed ramam agastyo  
bhagavaan rishih

3. Rama Rama mahaa baaho shrunu  
guhyam sanaatanam

Yena sarvaanareen vatsa samare  
vijayishyasi

4. Aaditya Hridayam punyam sarva  
shatru vinaashanam

Jayaavaham japennityam akshayyam  
paramam shivam

5. Sarva mangala maangalyam sarva  
paapa pranaashanam

Chintaa shoka prashamanam ayur  
vardhanamuttamam

6. Rashmi mantam samudyantam  
devaasura namaskritam

Poojayasva vivasvantam bhaaskaram  
bhuvaneshvaram

7. Sarva devaatmako hyesha tejasvee  
rashmi bhaavanah

Esha devaasura ganaan lokaan paati  
gabhastibhih

8. Esha brahmaa cha vishnuscha shivah  
skandah prajaapatih

Mahendro dhanadah kaalo yamassomo  
hyappam patih

9. Pitaro vasavassaadhyaa hyashvinou  
maruto manuh

Vaayur vahnih prajaah praana ritukartaa  
prabhaakarah

10. Aadityassavitaah sooryah khagah  
pooshaah gabhastimaan

Suvarna sadrisho bhaanur hiranyaretaa  
divaakarah



11. Haridashwah sahasraarchih sapta  
saptir mareechimaan

Timironmathanah shambhuh stvashtaa  
maartanda amshumaan

12. Hiranya garbhah shishirah tapano  
bhaaskaro ravih

Agni garbhoditeh putrah shankhah  
shishira naashanah

13. Vyoma naathah stamo bhedee rig  
yajussaama paaragah

Ghana vrishti rapaam mitro vindhya  
veethee plavagamah

14. Aatapee mandalee mrityuh pingalah  
sarva taapanah

Kavir vishwo mahaa tejaa raktassarva  
bhavod bhavah

15. Nakshatra graha taaraanaam adhipo  
vishva bhaavanah

Tejasaamapi tejasvee dvaadashaatman  
namostute

16. Namah poorvaaya giraye  
paschimaayaadraye namah

Jyotirganaanaam pataye dinaadhipataye  
namah

17. Jayaaya jaya bhadraaya  
haryashvaaya namo namah

Namo namah sahasraamsho aadityaaya  
namo namah

18. Nama ugraaya veeraaya  
saarangaaya namo namah

Namah padma prabodhaaya  
maartaandaaya namo namah

19.           Brahmeshaanaachyuteshaaya  
sooryaayaaditya varchase

Bhaasvate sarva bhakshaaya roudraaya  
vapushe namah

20.       Tamoghnaaya       himaghnaaya  
shatrughnaaya mitaatmane

Kritaghaghnaaya   devaaya   jyotishaam  
pataye namah

21. Tapta chaameekaraabhaaya vahnaye  
vishwa karmane

Namastamobhi nighnaaya ruchaye loka  
saakshine

22. Naashayatyesha vai bhootam tadeva  
srijati prabhuh

Paayatyesha tapatyesha varshatyesha  
gabhastibhih

23. Esha supteshu jaagarti bhooteshu  
pari nishthitah

Esha chaivaagni hotrancha phalam  
chivaagni hotrinaam

24. Vedaashcha kratavashchaiva  
kratoonaam phalameva cha

Yaani krityaani lokeshu sarva esha ravih  
prabhuh

25. Enam aapatsu krichchreshu  
kaantareshu bhayeshu cha

Keertayan purushah kashchin  
naavaseedati raaghava

26. Poojayasvaina mekaagro deva  
devam jagatpatim

Etat trigunitam japtvaa yuddheshu  
vijayishyasi



27. Asmin kshane mahaa baaho  
raavanam tvam vadhishyasi

Evamuktvaa tadaagastyo jagaama cha  
yathaagatam

28. Etachchrutvaa mahaa tejaa nashta  
shoko bhavattadaa

Dhaarayaamaasa supreeto raghavah  
prayataatmavaan

29. Aadityam prekshya japtvaa tu param  
harshamavaaptavaan

Triraachamya shuchir bhootvaa dhanu  
raadaaya veeryavaan

30. Raavanam prekshya hirshtaatmaa  
yuddhaaya samupaagamat

Sarva yatnena mahataa vadhe tasya  
dhrito bhavat

Atha ravi ravadannirikshya raamam

mudita                      manaah                      paramam  
prahrishyamaanah

Nishi chara pati samkshayam veditvaa

suragana madhyagato vachastvareti

(Iti Aarshe Srimad Ramaayane yuddha  
kaande

Aaditya Hridaya Stotram naama

saptottara shata tamah sargah  
samaaptah)

Dhyeyassadaa savitr mandala madhya  
vartee

Naaraayanah sarasijaasana sannivishtah

Keyooravaan makara kundalavaan  
kireetee

Haaree hiranmaya vapur dhrita shankha  
chakrah

Mitra ravi soorya bhaanu khaga poosha

Hiranyagarbha mareechi aaditya

savitrarka bhaaskarebhyo namah.

Namah Suryaya Santaya Sarvaroga  
Nivarine |  
Ayu rarogya maisvairyam dehi devah  
jagatpate ||

Oh! Lord Surya, ruler of the universe,  
you are the remover of all diseases, the  
repository of peace  
I bow to you. May you bless your  
devotees with longevity, health and  
wealth.

## Translation

1& 2 Beholding Sri Rama, standing absorbed in deep thought on the battle-field, exhausted by the fight and facing Ravana who was duly prepared for the war, the glorious sage Agastya, who had come in the company of gods to witness the encounter (battle) now spoke to Rama as follows

3 'O Rama', 'O Mighty armed elegant Rama', listen carefully to the eternal secret by which, 'O my child', you shall conquer all your enemies on the battle field and win against your adversaries.

4 By Chanting the Aditya-Hridayam (the meditation of Sun in the heart ) which is very auspicious and highly beneficial, you will be victorious in battle. This holy hymn dedicated to the Sun-God will result in destroying all enemies and bring you victory and permanent happiness.

5 This supreme prayer is the best amongst auspicious verses, it will



destroy all sins, dispel all doubts, alleviate worry and sorrow, anxiety and anguish, and increase the longevity of life. It is a guarantee of complete prosperity.

6 Worship the sun-god, the ruler of the worlds and lord of the universe, who is crowned with effulgent rays, who appears at the horizon and brings light, who is revered by the denizens of heaven (devas) and asuras alike.

7 Indeed, He is the very embodiment of all Gods. He is self-luminous and sustains all with his rays. He nourishes and energizes the inhabitants of all the

worlds as well as the host of Gods and demons by his Rays.

8 He is Brahma (the creator), Visnu (the Sustainer), Shiva (the destroyer), Skanda (the son of Siva), Prajapati (progenitor of human race), the mighty Indra (king of heaven), Kubera (the god of wealth and lord of riches), Kala (eternal time), Yama (the Lord of death), Soma (the moon god that nourishes), and Varuna (the lord of sea and ocean).

9 Indeed, he is Pitris (ancestors, manes), the eight Vasus, the Sadhyas, the twin Aswins (physicians of Gods), the Maruts, the Manu, Vayu (the wind God), Agni

(the fire God), Prana (the Life breath of all beings), the maker of six seasons and the giver of light.

10 He is the Son of Aditi (the mother of creation), the Sun God who transverses the heavens, he is of brilliant golden color, the possessor of a myriad rays, by illuminating all directions he is the maker of daylight. He is the all pervading, shining principle, the dispeller of darkness, exhibiting beautiful sight with golden hue

11 He has seven horses yoked to his Chariot, shines with brilliant light having infinite rays, is the destroyer of

darkness, the giver of happiness and prosperity, mitigator of the sufferings and is the infuser of life. He is the Omnipresent One who pervades all with immeasurable amount of rays.

12 He is Hiranyagarbha born of Aditi of a golden womb, He is Sisirastapana the destroyer of the cold, snow and fog, illuminator, Ravi, bearer of the fire and conch, He is the remover of ignorance and giver of fame.

13 He is the Lord of the firmament and ruler of the sky, remover of darkness. the master of the three vedas Rig, Yaju, Sama, he is a friend of the waters

(Varuna) and causes abundant rain. He swiftly courses in the direction South of Vindhya-mountains and sports in the Brahma Nadi.

The Sun evaporates water from the ocean and rain is produced. Sun is the cause of rain. The southward (apparent) journey of the sun causes the change of seasons which is essential for life on earth.

14 He, whose form is circular and is colored in yellow and red hues, is intensely brilliant and energetic. He is a giver of heat, the cause of all work, of life and death. He is the destroyer of all

and is the Omniscient one sustaining the universe and all action.

15 He is the lord of the constellations, stars and planets and the origin of every thing in the universe. Salutations to Aditya who appears in twelve forms (in the shape of twelve months of the year) and whose glory is described in his twelve names.

16 Salutations to the Lord of sunrise and sunset, who rises at the eastern mountains and sets in the western mountains. Salutations to the Lord of the Stellar bodies and to the Lord of daylight.

17 Oh! Lord of thousand rays, son of Aditi, Salutations to you, the bestower of victory, auspiciousness and prosperity, Salutations to the one who has coloured horses to carry him.

18 Salutations to Martandaya the son of Mrukanda Maharisi, the terrible and fierce one, the mighty hero, the one that travels fast. Salutations to the one whose appearance makes the lotus blossom (also the awakener of the lotus in the heart)

19 Salutations to the Lord of Brahma, Shiva and Vishnu, salutations to Surya the sun god, who (by his power and

effulgence) is both the illuminator and devourer of all and is of a form that is fierce like Rudra.

20 Salutations to the dispeller of darkness, the destroyer of cold, fog and snow, the exterminator of foes; the one whose extent is immeasurable. Salutations also to the annihilator of the ungrateful and to the Lord of all the stellar bodies, who is the first amongst all the lights of the Universe.

21 Salutations to the Lord shining like molten gold, destroying darkness, who is the transcendental fire of supreme



knowledge, who destroys the darkness of ignorance, and who is the cosmic witness of all merits and demerits of the denizens who inhabit the universe. Salutations to Vishvakarma the architect of the universe, the cause of all activity and creation in the world

22 Salutations to the Lord who creates heat by his brilliant rays. He alone creates, sustains and destroys all that has come into being. Salutations to Him who by His rays consumes the waters, heats them up and sends them down as rain again.

23 Salutations to the Lord who abides in the heart of all beings keeping awake when they are asleep. Verily he is the Agnihotra , the sacrificial fire and the fruit gained by the worshipper of the agnihotra.

24 The Sun God (Ravi) is the origin and protector of the four Vedas (Rig, Yajur, Sama, and Atharva), the sacrifices mentioned in them and the fruits obtained by performing the sacrifices. He is the Lord of all action in this universe and decides the Universal path.

Phalashruti

25 Listen Oh Rama! Oh Ragava, scion of the Raghu dynasty, any person, singing the glories of Surya in great difficulties, during affliction, while lost in the wilderness, and when beset with fear, will not come to grief (or loose heart).

26 If you worship this lord of the universe, the God of all Gods, with concentrated mind and devotion by reciting this hymn (Aditya-Hridayam) thrice, you will emerge victorious in the battle.

27 O mighty armed one, you shall triumph over Ravana this very moment. After blessing Lord Rama thus, and

predicting that He would slay (the demon) Ravana, sage Agastya took leave and returned to his original place.

28 Having heard this, that great warrior Raghava, feeling greatly delighted, became free from grief. His clouds of worry thus dispelled, the lustrous Lord Rama obeyed the sayings of sage Agastya with great happiness. With composed mind he retained this hymn in his memory, ready to chant the Aditya-Hridayam.

29 Having performed Achamanam (sipping water thrice) and being purified, Rama gazing at the sun with devotion,

recited the hymn Aditya-Hridayam thrice,  
then that great hero Raghava was  
thrilled and lifted his bow.

30 Lord Rama thus cheered, seeing  
Ravana coming to fight, put forth all his  
effort with a determination to kill him.  
(Ravana)

31 Then knowing that the destruction of  
Ravana was near, the Sun-God Aditya,  
surrounded by all the Gods in heaven,  
looked at Rama with delighted mind and  
exclaimed 'Hurry up' - 'Be quick'.

Thus ends the hymn Aditya-Hridayam in  
praise of the Sun God  
recounted in the Yuddha Kanda of  
Valmiki Ramayana (the war chapter)

## **Aditya-Hridayam its meaning & importance**

This hymn is praise to the Sun God is known as the Heart of Aditya. The word heart or hridayam refers to the One (ayam) who is shining or dwelling in the heart (hridi). Aditya is derived from “ad” meaning “to enjoy” or to perceive all sense objects like sound, touch, form, taste and smell, after entering the heart. So by the Heart of Aditya is meant the inner and unchanging witness of all thoughts, words and deeds, whose nature is the all-pervading Light of

Consciousness. By the repetition of this holy hymn daily, one attains imperishableness, the highest good, all blissfulness, the end of all sins, troubles and sorrows, and a long life. Thus one should worship the rising Sun of divine rays who is hailed as the brilliant Lord of the universe by all devas and asuras, by all man and gods. The Sun God is Universal.

One can understand how important is Sun worship when remembering that the Lord Rama himself was taught the Aditya Hridaya Stotram by the great sage Agastya in a critical moment. After



fighting with Ravana and being severely tried and tired, Sri Rama became anxious on the battlefield. It is then that Sage Agastya appeared to him and taught him the perennial secret through which all foes are conquered, not only the external foes but the internal as well. Our constant internal foes are passion, anger and greed caused by delusion and ignorance.

## **The benefit of Aditya Hridaya Stotra recitation**

1. By reciting Aditya Hridaya Stotra lord Sri Rama killed Ravana and achieved Victory.
2. "Tejaskamo Vibhavasum" people desirous of Tejas-Aura around them, have to recite Aditya Hridaya Stotra. This is stated in Bhagavata.
3. By the grace of Bhagavan Surya Kunti Devi was blessed with Kama and the Monkey Rurajasa with Sugreeva, as sons.

4. Satrajit obtained Syamantaka-mani by worshipping Surya.

5. Dharma Raja obtained Akshaya patra by worshipping Lord Surya and he used to entertain his guests with this wish yielding bowl.

6. "Dinesam Sukhardham" It is stated in Skanda purana that one has to pray to Surya Bhagavan for happiness and welfare.

7. The Samba purana declared that Samba the son of Jambavati could get himself cured of his leprosy by worshipping Lord Surya.

Mayurabhatta could make his body a diamond wise and became free from disease.

o2nivaran

## **Veda to do Aditya**

Sunday the 1st day of week is very dear to Aditya the Sun

Veda has stated that it is essential though for me who is a late riser , I am only quoting the veda and also it makes sense like early to bed early to rise keeps one healthy and wise. Therefore to get up early before sun rise. The method of Suryopasana is said as akin to Naturopathy.

One must get up in the early morning and offer oblations to Sun God. It is

desirable to take bath in any lake or pond or river. Stand opposite to Sun God and offer the Arghya. Then the Cosmic rays covering the flowing water in Arghya pradana will emanate the power received from the rays of Sun and they project on our body. Hence the infective germs in our body will die due to that and our body receive the vital energy (pranic sakti).

## **Cure all diseases**

The Vedas declare, that the colours embeded in the Sun rays have curative powers

These Seven rays, viz. 1. Red  
2. Orange 3. Yellow 4. Green 5. Blue 6.  
Indigo 7. Violet, are the seven horses of  
Surya. We also see the same colours in  
the Rainbow. Sage

Agastya is often considered the father of traditional Indian Medicine among many other streams of knowledge. In his book, he is believed to have given the

description of, and instructions for, the creation of medicines for many types of fevers, cancer, treatments for impotence, abdominal problems, brain and eye problems, bone problems, etc.

The system of curing the diseases with the different colours of cosmic rays and its benefits are detailed.

This system of "Chromopathy" is the method of systematic application of the Seven colours present in Sun.

In this the health advantages and its procedures are stated. By this treatment



certain specific diseases and other common ailments are cured.

This means that leucoderma, heart diseases when attacked exposure to the red rays of Sun health will be resorted.

In this treatment the application of blue colour cures fever, dysentery, diabetics, blood motions. Bronchitis, head ache, urinary disorders, small pox, filarial Elephantiasis.

In the line of colours the last one orange, the ultra violet ray are hidden secure in its rays. When these rays

radiate on our body the 'D' Vitamin in the middle of the Skin will be produced.

This 'D' Vitamin manufacture the substances 'Calcium' and phosphorous essential for our body. Due to these substances teeth get improved and help the actions of the body perfectly.

Due to chromopathy hernia will be cured. The medicine used for cure is kept in coloured bottles and allow the Sun ray pass through there and made a mixture from two to three bottles each time and used each time for three months. Improvement is found. Every disease through the red colour, the

yellow the stomach diseases, the green colour heart and all skin diseases are cured. In the Sun's ray all the colours of red and white are secretly penetrated.

In our body we have different colours in different organs separately. The skin has wheatish colour, hair black, eye balls and teeth white the other organs too has different colours in the body. The essence of this cosmic colour therapy is that the deficiency of colour and the reduction of them cause ill health.

The blue colour gives good health and the red colour enthusiasm and energy.

Depending upon the types of disease pure water is filled in the different coloured bottles, and the Sun rays are being attracted through the bottles into the water, and given to the diseased for few days and there by the colours in their body is recouped and health is restored.

The oil and water can be prepared from the cosmic rays during the convenient time from (April, May and June) Caitra to Jesta months. During this period the Sun rays are profusely available.

## **Medicated Oil Preparation with Sun Rays**

To cure the diseases of head, pour gingelly oil, or Badam oil, two inches below the neck of a bottle, tie with the cork or cotton and keep it in Sun shine. When cotton is plugged, every day the cotton has to be replaced. The oil will be ready in Ninety days. After the oil is prepared perfume can be added but not colours.

## **Medicated Water Preparation with Sun Rays**

Depending upon the type of disease, in different coloured bottles, water has to be filled two inches less to the full capacity of the container, and the same coloured cork has to be fitted to the bottle.

The oil or water has to be kept on a wooden plank and not on the ground and expose it in full shine from 10 'O' clock in the morning to 5 'O' clock in the evening. In the mean while no shadow

should befall on it. If by any mistake it is allowed to stay after the setting of Sun, and the ray of moon, or Stars falls on them the water will be spoiled. Then the bottles must be emptied. It has to be cleansed, fresh water is filled up and again prepared.

When different coloured bottles are kept in the same cabin or when they are exposed to Sun rays simultaneously, a separate coloured papers matching their own colour is daily wrapped and separately kept up with out touching each other and one's own shade of the bottle will not fall on the other.

The water prepared in one bottle can not be kept more than three days. Immediately it has to be transferred to a white bottle. It is useful only for three days and again it has to be prepared separately. The water prepared though the Sun rays in a white bottle is very beneficial. This water can be used two times during a day.



## **SAPTA SAPTIH – SEVEN SURYA BHAGAVAN**

1. He possesses Seven horses (Seven rays)

They are Jaya, Ajaya, Vijaya, Jitaprana, Jitakrama, Mano Japa, Jita Krodha (Bhavisya purana)

Jaya : The first ray bestows firm conviction, mental and physical strength generosity domination of others and benevolence.

Ajaya : gives Compassion, tranquility and intelligence, inward understanding.

Vijaya : Voracious reading, high thinking and spiritual base.

Jita prana : Deep thinking, extremely kind, merciful.

Jita krama : grants high quality discipline, very knowledgeable and scientific evaluators.

Manojapa : Dedication and devotion, sincere and pursues the path of truth.

Jita krodha : In depth evaluation, artistic taste in fine arts and adoration of beauty, love for display.

## 2. The Seven Chandas : (poetic metres)

1. The Gayatri 2. Jagati 3. Usnik 4. Tristupp 5. Anustupp 6. Pankti became the six horses. 7. the bhruhati chanda has become the seat in the middle of the Chariot. Surya Bhagavan sits on this Chariot of Chandas and travel on the space.

## 3. Lord Surya has Seven rays :

These are 1. Susumna 2. Suradana 3. Udanvasu 4. Visvakarma 5. Udavasu 6. Visvavyaca 7. Harikesa

“Susumna”: This is equivalent to the brightness of thousand rays. This ray with this name make Candra (Moon) the most beautiful one. The Nectar given by the fullmoon to all the panis bestows on them all happiness and pleasure.

“Surandana” : The moon has originated from this ray. Even the rays of are only the rays of Surya (Sun) alone.

“Udannvasu” : From this the Kuja graha (planet) is originated. This ray of Surya

will protect the living being from the defects of blood, and gives them health, brilliance and wealth.

“Visva karma” : This constructs the Budhagraha (planet). This ray will remove the mental agitations of the people and grants all auspiciousness and peace.

“Udavasu” : This ray constructs Bruhaspati planet. This planet grants pleasures and liberation to all living beings. By worshipping this planet all hurdles, obstructions, opposition will be removed and success is achieved.

“Visva vyaca” : From this ray Sukra and Sani have originated. Among them sukra is responsible for Virya (sperm) Sukra is incharge of humans procreation and also his ray brings death. Hence by worshipping this ray one will get complete longevity.

“Harikesa” : Due to this ray, all Stars (Nakshatras) are born. These come to be known as Nashatra because they are protecting the human bodies from the loss of strength, virya, and teja.

Surya has seven service personnel

They are 1. Namshatras 2. Months 3. Fortnights 4. Seasons 5. Years 6. Days 7. Nights.

He has Seven Indriyas (organs) they are  
1. Two eyes 2. Two Nostrils 3. Two ears  
4. One face. Surya Bhagavan is the person that activates the functions of these organs.

6. He has a Horse by name Sapta. Having a Chariot with this name he is called as Sapta Sapti. This name is denoted at the end of Kalki Avatara riding this horse.

The seven colours of Surya

These seven colours, viz. 1. Red 2. Orange 3. Yellow 4. Green 5. Blue 6. Indigo 7. Violet, are the seven horses of Surya. We also see the same colours in the Rainbow

Ritual for aditya stotram hridyam needs to be read with aditya agnistotra, and or ashwamedah yagna when going to war declaration of yudh (war)

In absence of homan earth elements sankalpah either solo homan can be performed that transcends all other and is the most effective and the most difficult



## **Salutations to Sage Valmiki**

The Uttara Kanda, the last of the seven books of the Rāmāyaṇa, tells the story of Valmiki's early life, as a highway robber named Ratnakar, who used to rob people after killing them. Once, the robber tried to rob the divine sage Narada for the benefit of his family. Narada asked him if his family would share the sin he was incurring due to the robbery. The robber replied positively, but Narada told him to confirm this with

his family. The robber asked his family, but none agreed to bear the burden of sin. Dejected, the robber finally understood the truth of life and asked for Narada's forgiveness.

Narada taught the robber the mantra for salvation. But, the mantra in question, the name of Lord Rama, was not to be given to murderers and the like. Narada thus told Valmiki to chant "Mara" the phonetic anagram of "Rama" instead to circumvent this restriction. The robber meditated for many years, so much so that ant-hills grew around his body. Finally, a divine voice declared his

penance successful, bestowing him with the name "Valmiki one born out of ant-hills" (Valmikam in Sanskrit means Ant-hill).

Sant Shree Maharishi Valmiki was the 1st astrologer who made the charts that is the Vedic horoscope of shriRam and the Ikshvaku dynasty with complete horoscope which is the start of Ramayan in Sanskrit

Vālmīki is also quoted to be the contemporary of Śrī Rāma. Śrī Rāma met Vālmīki during his period of exile and

interacted with him. Vālmīki gave shelter to Sītā in his hermitage when Rama banished her. Kuśa and Lava the twin sons of Sri Rama were born to Sītā in this hermitage. Vālmīki taught Rāmāyaṇa to Kuśa and Lava, who later sang the divine story in Ayodhyā during the Aśvamedha yajña congregation, to the pleasure of the audience, whereupon, King Śrī Rāma questioned who they were and later visited Valmiki's hermitage to confirm if the Sita, the two children claimed as their mother was in fact his wife in exile. Later, he summoned them to his royal palace. Kuśa and Lava sang the story of Śrī Rāma there, and Śrī

Rāma confirmed that whatever had been sung by these two children was entirely true.

The Vishnudharmottara Purana says that Valmiki was born in the Tretayuga as a form of Vishnu who composed the Ramayana, and that people desirous of earning knowledge should worship Valmiki.

## **Ramayana Versions in Different Languages**

The Original or Adi Ramayan by Sage Valmiki has been adapted or translated into the various regional languages.

Majority of them are not mere literal translation instead they all have their own distinguishing features.

Ramcharitmanas written by Tulsidas in the 16th century is the Ramayana version popular in North India.

In Urdu, it the Pothi Ramayana written in 17th century.

In Jammu and Kashmir, it is Kashmiri Ramavatara Charita written in 19th century.

In Punjab, it is the Ramavatara written in 17th century by Guru Gobind Singh.

In Gujarat, it is the Tulsi-krita Ramayana a Gujarati adaptation of Tulidas Ramayana in 17th century by poet Premanand.

In Maharashtra, it is the Marathi

Bhavartha Ramayana written by Eknath in the 16th century. There is also reference of Ramayana being translated into old Marathi during the 12th or 13th century.

In Assam, it is the Assamese Katha Ramayana or Kotha Ramayana in 15th century by Madhava Kandali.

In Bengal, it is the Bengali Krittivas Ramayan written by poet Krittivas in 15th century.

In Orissa, it is the Oriya Balramadasa Ramayana was adapted by Balarama



Das in the 16th century.

In Andhra Pradesh, the Telugu Ramayan is known as Sri Ranganatha Ramayana and was adapted by Buddha Reddy.

In Karnataka, it is Kannada versions of the Ramayan – the Kumudendu Ramayana (Jain version) in 13th century and the Kumara-Valmiki Torave Ramayana in 16th century. There is another one titled Ramachandra Charita Purana written by Nagachandra during the 13th century.

In Tamil Nadu, it is the most popular

Tamil Kamba Ramayana written by poet Kamban in the 12th century.

In Kerala, it is the Malayalam Adhyatma Ramayanam Kilipattu written by Thunchaththu Ezhuthachan in the 16th century.

Chanda Jha-Mithilabhasha Ramayan

Lal Das - Rameshwarcharit ramayan

Acharya ramlochan Sharan His classic Maithili rendering of all the books written by Goswami Tulsidas is unique. He edited and published Sidhant Bhasya in four volumes on Ramacharitamanasa by

Tulsidas which is permanent contribution to the spiritual literature. He was first to start printing Maithili books in Maithili script (Mithilakshar).

**Phra Lak Phra Lam** is a Lao language version, whose title comes from Lakshmana and Rama. The story of Lakshmana and Rama is told as the previous life of the Buddha. In **Hikayat Seri Rama** of Malaysia, Dasharatha is the great-grandson of the Prophet Adam. Ravana receives boons from Allah instead of Brahma.

Rama (Yama) and Sita (me thida) in **Yama Zatdaw**, the Burmese version of the Ramayana.

The Ankor khmer version of Ramayana, the **Reamker**, is the most famous story of Khmer literature since the Funan era. It adapts the Hindoo concepts to Buddhist themes and show's the balance of good and evil in the world. The Reamker has several differences from the original Ramayana, including scenes not included in the original and emphasis on Hanuman and Sovanna Maccha, a retelling which influences the Thai and Lao versions. Reamker in Cambodia and

Vietnam is not confined to the realm of literature but extends to all Cambodian art forms, such as sculpture, Khmer classical dance, theater known as lakhorn luang (the foundation of the royal ballet), poetry and the mural and bas reliefs seen at the Silver Pagoda and Angkor Wat.

Thailand's popular national epic **Ramakien** from Sanskrit *rāmakīrti*, "glory of Rama") is derived from the Hindoo epic. In Ramakien, Sita is the daughter of Ravana and Mandodari (thotsakan and montho). Vibhisana (phiphek), the astrologer

brother of Ravana, predicts calamity from the horoscope of Sita. Ravana has her thrown into the water, but is later rescued by Janaka (chanok). While the main story is identical to that of the Ramayana, many other aspects were transposed into a Thai context, such as the clothes, weapons, topography, and elements of nature, which are described as being Thai in style. It has an expanded role for Hanuman and he is portrayed as a lascivious character. Ramakien can be seen in an elaborate illustration at Wat Phra Kaew in Bangkok.

Other Southeast Asian adaptations include **Kakawin Rāmâyaṇa** of Java, **Ramakavaca** of Bali (Indonesia), **Maharadia Lawana** and **Darangen** of Mindanao (Philippines), and the **Yama Zatdaw** of Myanmar.

## **Sanskrit versions available :**

1. adbhuta ramayanam
2. adbhutottara ramayanam
3. adhyatma ramayanam
4. agastya ramayanam
5. agnivesa ramayanam
6. anargha raghava ramayanam
7. anand ramayanam
8. atri ramayanam



9. bal ramayana natakam
10. bharat ramayanam
11. bharadvaja ramayanam
12. bhatti kavyam
13. bhusundi ramayanam
14. bibhisana ramayanam
15. brahma ramayanam
16. campu ramayanam
17. deha ramayanam
18. dharma ramayanam

19. garuda ramayanam
20. gautam ramayanam
21. govinda ramayanam
22. hanumad ramayanam
23. hanumannatakam
24. jamadagni ramayanam
25. jaimini ramayanam
26. janaki harana ramayanam
27. jatayu ramayanam
28. kapil ramayanam

29. khetaketu ramayanam
30. kraunca ramayanam
31. krutivas ramayanam
32. lalit ramcaritam
33. lomasa ramayanam
34. mahabharat-van  
parvatantargat ramakatha
35. maha ramayanam
36. mahavir carit natakam
37. mahesvara ramayanam

38. mangal ramayanam
39. manu ramayanam
40. naividheya ramayanam
41. naradiya ramayanam
42. naradokta ramayanam
43. prasanna raghava natakam
44. pulastya ramayanam
45. raghuvamsa mahakavyam  
(by Kalidas)
46. ramacarit cintamani

47. ramasvamedham
48. ramatapaniyopanisad
49. ramesvara samhita
50. ramnam mahatmyam
51. ram raksastotram
52. ram samhita
53. saubhari ramayanam
54. siva ramayanam
55. skanda ramayanam
56. sugriva ramayanam

57. sumantra ramayanam
58. sunand ramayanam
59. surya ramayanam
60. sutiksna ramayanam
61. vasistha ramayanam
62. viranci ramayanam
63. visvamisra ramayanam
64. vrutta ramayanam
65. unmatta ramayanam
66. utara ramacarit natakam

67. yajnavalkya ramayanam

68. yogavasistham

During the golden Sanskrit age around 3000 versions and over tens of thousand commentaries of the world's 1<sup>st</sup> master epic Ramayanam papyrus penned by various scholars

## **Navagraha : Surya**

In addition to aditya hiradiyam its worth mentioning

the navagraha prayer for badly placed Sun in horoscope

and the great remedies that the aditya stotram provides

both the great sage were also master astrologers

where prayers to acheive graha nivaran pleasing the planets



by mantras slokas are the absolute  
power in comparison

to gem stones colors of fabric  
touching associating with skin

the humble prayer to badly placed sun in  
charts

to mitigate the bad effects of such  
placement

## **Surya Sloka**

Grahanaam aadhi radhithyo,

Loka Rakshana Karaka,

Vishama sthana sambhootham

Peedam harathu may ravi.

## Translation

Please steal away my troubles, Oh Sun,  
Who is the first among all planets,  
Who is the cause for protecting the  
world  
And who causes troubles by his position.  
(Sun in the 1,2,4,6,7,8,9 houses from  
The moon' rashi house causes  
problems.)

Aditya Homan be it phusph ( flowers )  
agni ( fire )  
jaal ( water )  
sankalpa ( either )

mitigates most of the doshas caused  
by badly placed Lagna Rashi or  
gochar Sun

<sup>35</sup><sub>17</sub> Jataks facing enemy  
aditya provides bal ( power ) to  
defeat the ravana against

<sup>35</sup><sub>17</sub> Roogg nivaran ( relief in disease  
or illness of any kind )

aditya hridayam is a powerful relief

<sup>35</sup><sub>17</sub> restores and enhances teejah  
( glowing ) personality

<sup>35</sup><sub>17</sub> Doing aditya jaap protects  
reputation  
enhances name and fame

<sup>35</sup><sub>17</sub> During Sutak in  
Surya Grahan ( solar eclipse )  
aditya hridayam wards of evil and  
bestows peace

This compilation from various multi  
source is a humble tribute  
to the two great Poet Creators  
of enlightening thought

**Maharishi Valmiki**

**&**

**Saptarishi Agastha**

Masters of knowledge

Vedic Astrology

Medicine

compilation

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